

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (original) A method comprising the steps of:
 - (a) providing a refrigeration unit having a refrigerated or heated space and at least one measured operating parameter;
 - (b) providing heat to said refrigerated space when said at least one measured operating parameter exceeds a first threshold;
 - (c) terminating provision of heat when said at least one measured operating parameter exceeds a second threshold; and
repeating steps b-c when said at least one operating parameter falls below said first threshold.
2. (original) The method of claim 1 wherein said providing heat comprises selecting said at least one operating parameter from the group consisting of discharge pressure, suction pressure, discharge temperature, suction temperature, pressure ratio, evaporator saturated temperature, condenser saturated temperature, ambient temperature, and operating time interval of said refrigeration unit.
3. (original) The method of claim 1 wherein said first or second threshold is varied based on said at least one measured operating parameter.
4. (currently amended) The method of claim 1 wherein said step of providing heat comprises providing said heat when a discharge pressure exceeds a first threshold of at least approximately 60 psi.
5. (currently amended) The method of claim 1 wherein said step of providing heat comprises terminating provision of said heat when a discharge pressure exceeds a second threshold of

at least approximately 100 psi.

6. (currently amended) The method of claim 1 wherein said step of providing heat comprises providing said heat when the operating parameter has exceeded a time limit associated with a refrigerant system ~~elements~~ component that can be power cycled and can affect said operating parameter.

7. (currently amended) The method of claim 1 wherein said step of providing heat comprises turning on or off a heating element.

8. (currently amended) The method of claim 7 wherein said step of turning on or off said heating element comprises the additional step of placing said heating element in space to be cooled or heated by said refrigeration unit.

9. (currently amended) The method of claim 7 wherein said step of turning on or off said heating element comprises the additional step of placing said heating element in an area to be monitored by said refrigeration unit.

10. (original) The method of claim 1 wherein said providing and terminating said heat is performed to provide for continuous operation of a compressor of said refrigeration unit.

11. (original) The method of claim 7 wherein said turning on said heating element comprises turning on said heating element located a distance from an evaporator coil sufficient to permit defrosting of said evaporator coil.

12. (currently amended) A refrigeration unit comprising:
a compressor for circulating a refrigerant/oil mixture through a refrigeration ~~unit~~ system to cool a refrigerated space,
a sensor for measuring an operating parameter indicative

of load on the compressor;

a heating element for providing heat to said refrigerated space refrigeration unit; and

a controller for receiving said measured operating parameter and turning on and off said heating element in response thereto, wherein said controller is programmed to turn said heating element on when said measured operating parameter indicates load on the compressor is below a first threshold, and to turn said heating element off when said measured operating parameter indicates load on the compressor is above a second threshold which is greater than said first threshold, whereby the compressor can be operated substantially continuously at low loads so as to maintain circulation of the refrigerant/oil mixture.

13. (currently amended) The refrigeration unit of claim ~~10~~ 12 wherein said operating parameter is selected from the group consisting of discharge pressure, suction pressure, discharge temperature, suction temperature, pressure ratio, evaporator saturated temperature, condenser saturated temperature, ambient temperature, and operating time interval of said refrigeration unit.

14. (currently amended) A method comprising the steps of:
providing a refrigeration unit having a refrigerated space; and

providing and terminating heat to said refrigerated space in a pulsed on and off mode based upon a measured operating parameter which is indicative of load on the refrigeration unit so as to maintain substantially continuous operation of said refrigeration unit at loads which are less than a threshold load.

15. (new) A method comprising the steps of:

(a) providing a refrigeration unit having a refrigerated or heated space;

(b) measuring at least one operating parameter which is indicative of load on the refrigerant unit;

(c) providing heat to said refrigerated space when said at least one measured operating parameter indicates load which is less than a first threshold;

(d) terminating provision of heat when said at least one measured operating parameter indicates load which exceeds a second threshold which is greater than the first threshold;
and

repeating steps b-d when said at least one operating parameter indicates load which is below said first threshold.